

A Few Tips When Discussing Drugs and Alcohol to Someone Close

If you do suspect (or know it for sure) that your child, spouse, loved one or friend is abusing drugs or alcohol, there are some important things to keep in mind before you speak to them about it:

If possible, wait until they're straight to talk to have a discussion.

Try to speak calmly.

Know what you want to say, and even practice saying it.

They will be defensive and use what they can to deflect and protect.

What does she know about you that she might use as a defense?

Which reaction is most likely to throw you off track?

What is the goal?

Let them know you love them. And that that never goes away.

These are NOT conversations full of old grievances.

Save the punishment and threats, you can always follow through later.

If they've come to you on their own or admit their use, show your appreciation.

If the train goes off the track, discontinue the conversation.

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